

Counseling Skills

Course Goals and Objectives



As outlined by the Addiction Professionals Certification Board, Inc., at the end of this course the student will be able to:

1. Identify, demonstrate, and explain the purpose of the following counseling skills:
 - a. Attending, Paraphrasing, Reflection of Feeling, Summarizing, Probing, Counselor.
 - b. Self-Disclosure, Interpreting and providing information and feedback as per MET.
2. Integrate self-help group participation as an adjunct to the counseling process.
3. Identify six stages of counseling and employ the skills found in each stage.
4. Provide information to the client regarding the structure, expectations, and purpose of the counseling process.
5. Counseling and therapeutic process specific to substance use.
6. Stages of treatment.
7. Methods and techniques for enhancing client engagement.
8. Identify Recovery-oriented behavior and Recovery Oriented Systems of Care.
9. Feedback procedures (e.g., reflection, reframing, interpretation, clarification).
10. **Competency 10:** Describe a variety of helping strategies for reducing the negative effects of substance use, abuse, and Use Disorder.
11. **Competency 11:** Tailor helping strategies and treatment modalities to the client's stage of Use Disorder, change, or recovery.